

ADULT BASKETBALL PROGRAMS

Weekday programs held within a school are cancelled if school is closed or cancelled

35+ BASKETBALL

Supervisor: Peter Otovic
Dates: Wednesdays, January 6 - March 2,
(no 2/17), 8 Weeks
Time: 6:30, 7:30 and 8:30 p.m. games
Location: North Intermediate Gym
Cost: \$52



This league offers those ages 35 and over structured team play with refereed games for fun and fitness.
Players without a 35+ mesh shirt must pay a \$21 shirt fee.

ADULT OPEN GYM

Supervisor: Chris O'Rourke
Ages: 18 and up
Dates: Wednesdays, December 2 - March 30,
(no 12/30 or 2/17), 16 Weeks
Time: 8 - 9:30 p.m.
Location: Woburn Street Gym
Cost: \$5 cash per night
Drop in for informal games of pick-up basketball!
Enjoy a workout in the middle of the week.



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PAINT NIGHT!

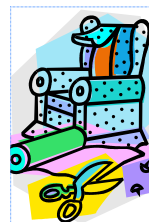
Instructor: Corine Mazza
Time: 6:30 - 8:30 p.m.
Location: Town Hall Auditorium
Cost: \$52 (2 weeks)

Yes you can! Under the guidance of our talented instructor, you will paint a beautiful winter scene with oils on canvas!
All supplies are included. Samples are on display in the Recreation Office.



UPHOLSTERY WORKSHOP

Instructor: Louise Redgate
Dates: Thursdays, March 10 - April 28,
8 Weeks
Time: 6:30 - 9:30 p.m.
Location: Town Hall Auditorium
Cost: \$68



Give new life to a piece of your old furniture by learning to reupholster. You'll cover your piece with new fabric, learn to tie springs and re-pad. A supply list will be provided as your project progresses. Be aware - you will have homework!
The class motto is "If you can carry it, bring it!"

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YOGA FOR THE FULL-FIGURED WOMAN

Instructor: Jennifer Ryan
Location: The Yoga Loft
 3 Lopez Rd.
Cost: \$83 per 8-week session



This class introduces beginners to yoga in a fun and relaxed setting. Movements are modified for a non-intimidating approach to improving your health. Take this class as a gift to yourself! Bring a yoga mat to each class.

<u>Thursdays</u>	<i>or</i>	<u>Mondays</u>
January 7 - March 3 (no 2/18)		January 11 - March 7 (no 2/15)
7:15 - 8:15 p.m.		4 - 5 p.m.

CARDIO BOOT CAMP

Instructor: Patti Fitzgerald & Dottie Larffarello
Dates: Mondays & Wednesdays,
 January 4 - March 7 (no 1/18, 2/15 & 2/17),
 8 Weeks
Time: 7 - 8 p.m.
Location: Woburn Street Gym
Cost: \$71

Move through stations to achieve a head to toe workout! Exercise at your own pace under the guidance of a seasoned instructor.



LEARN TO SKATE

Instructors: Wilmington Figure Skating Club
Dates: Fridays, January 8 - February 26 (No 2/19),
 7 Weeks
Time: 5:20 - 6:10 p.m.
Location: Ristuccia Arena
Cost: \$120
Equipment: Single Blade Skates

*Cost includes
 one-time annual
 \$15 USFSC
 registration fee
 (7/1/15 - 6/30/16)*

Adults can take lessons in a separate class at the same time as the kids!
 Class consists of 25 minutes of instruction followed by 25 minutes of practice.

BARRE FITNESS CLASSES

Instructor: Gina Muldoon and Susan Austin
Location: Fresh Shapes, 442 Main Street
 (within IronClad Martial Arts)
Cost: \$70 per six-week session

Barre is a ballet-inspired class that uses isometric movements at the ballet barre to help tone and tighten to create a long, lean dancer's body. Ballet socks optional.



Wednesdays

January 27 - March 9
 (No 2/17)
 9 - 10 a.m.

Thursdays

January 28 - March 10
 (No 2/18)
 6:30 - 7:30 p.m.

ADULT DANCE CLASSES

Location: Lorraine Spada School of Dance
 52 Main Street, Suite #3
Cost: \$52 (Tap Shoes or Ballet Slippers required)

These six-week courses are perfect for beginners or returning students. Fun, exercise and new skills in each class!

Beginner Ballet
Tuesdays,
 January 26 - March 8 (No 2/16)
 7:30 - 8:30 p.m.
 Instructor: Nicolette McCoy



Beginner Tap
Thursdays,
 January 21 - March 3 (No 2/18)
 6:30 - 7:30 p.m.
 Instructor: Chrissy Bowman



Line Dancing
Tuesdays,
 March 29 - May 10 (No 4/19)
 7:30 - 8:30 p.m.
 Instructor: Chrissy Bowman

